
Paula's Sunday Dinner

3.0 to 3.5 lb. half loin, boneless pork loin roast
6 medium Irish potatoes
2 medium Vidalia onions
1.5 pounds peeled baby cut carrots
5 stalks celery
Mike's Gourmet Herbs Meat Rub & Marinade
Salt
Pepper
Flour
Virgin Olive Oil
Disposable polyethylene gloves
6 quart roasting pan with lid or roaster oven with lid
9 x 13 baking pan or chafing dish
A skillet
A ladle or ¼ cup measuring cup with handle
Fork or Wisk

The day before you plan to eat, remove pork loin from its wrapper and carefully cut the white fascia sheath from the meat – use a very sharp carving knife for best and safest results – you can cut slower and closer to the meat with a sharp knife.

Begin by placing the knife blade under the sheath at a point close to the middle of the loin and about one inch from the end of the sheath. Slice the sheath away from the meat by cutting from the insertion point to the end of the sheath. With your free hand, grab the cut tip of sheath and hold it away from the meat. Place the knife edge at the place where the sheath and meat connect and slowly slice the sheath away, pulling it off with your free hand.

Place the loin in a 9x13 baking pan or chafing dish. Drizzle olive oil over the meat, turning to drizzle each side. With disposable gloves on your hands, smooth the oil over the meat, turning it to smooth the oil over the entire piece.

Gently shake Mike's Gourmet Herbs Meat Rub & Marinade over the meat, turning it to cover all exposed areas. Leave no gaps. Press the rub into the meat with your gloved hands. Remove and discard the gloves.

Cover the pan or dish with Saran wrap or aluminum foil and seal tightly. Place the covered dish in the fridge to marinate the meat in Mike's Gourmet Herbs Meat Rub & Marinade over-night. The next morning, remove the meat from the pan or dish and place in the roasting pan or roaster oven.

Note: if using a roasting pan with lid, you will use the stove's oven for all references to cooking and temperatures. If you are using a roaster oven with lid, you will apply all references to cooking and temperatures to that appliance.

Pour 1 quart water around the loin. Turn the oven to 250° and let simmer for 1 hour. Cut potatoes into bite sized chunks, celery into 2" lengths, and onions into sliced quarters. When meat has simmered 1 hour, add the vegetables by pouring them around the meat and finishing with some on top of the meat. Add carrots evenly to the top of the mix. Add 1 quart water around meat. Shake salt over the mix (no more than one tablespoon). Gently toss vegetables to turn the salt and mix the vegetables.

Cook at 250° for 3 hours then reduce temperature to 150° while you prepare the gravy. Place the skillet on a burner and turn on to medium heat. Use the ladle or ¼ cup measuring cup to remove ¼ cup juice from the cooked loin pan or oven. Place the juice into the skillet and add 1 tbsp oil, 3 tbsp flour. Stir with fork or whisk to mix and blend ingredients. Add salt and pepper to taste – approximately ½ tsp each). Brown mixture at medium heat, stirring with fork or whisk to prevent lumping.

When brown, add 4 ladles (1 cup) "au jus" and stir to mix and prevent lumping. Stir until mixture gently boils. Turn heat to low and stir while it simmers. Stir and simmer until it thickens. Remove from heat and cover.

Put your favorite rolls in the oven and your favorite green vegetable dish on the stove and cook to your liking.

When rolls and vegetables are ready, serve the roast with roasted vegetables, your favorite green veggie dish, rolls and gravy. The gravy is excellent drizzled on the pork.

Serves 6 to 8.

©2006 American Family Foods, Inc.